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# 2014 HIGH SCHOOL OPEN HOUSES

### FORT ERIE / PORT COLBORNE / RIDGEWAY

Fort Erie Secondary School  
7 Tait Ave., Fort Erie  
[fess.dsbn.org](http://fess.dsbn.org)  
Wednesday, November 19  
6:30 – 8:30 p.m.

Port Colborne High School  
211 Elgin St., Port Colborne  
[porthigh.dsbn.org](http://porthigh.dsbn.org)  
Thursday, November 20  
6:00 p.m.

Ridgeway - Crystal Beach  
High School  
576 Ridge Rd., Ridgeway  
[ridgewayhs.dsbn.org](http://ridgewayhs.dsbn.org)  
Wednesday, November 19  
5:00 p.m.

### GRIMSBY / LINCOLN

Beamsville District  
Secondary School  
4317 Central Ave., Beamsville  
[beamsville.dsbn.org](http://beamsville.dsbn.org)  
Wednesday, November 19  
6:30 p.m.

Grimsby Secondary School  
5 Boutin Ave., Grimsby  
[grimsbys.dsbn.org](http://grimsbys.dsbn.org)  
Tuesday, November 18  
7:00 – 9:00 p.m.

South Lincoln High School  
260 Canborough St., Smithville  
[southlincoln.dsbn.org](http://southlincoln.dsbn.org)  
Thursday, November 20  
6:30 p.m.

### NIAGARA FALLS

A.N. Myer Secondary School  
6338 O'Neil St., Niagara Falls  
[annmyer.dsbn.org](http://annmyer.dsbn.org)  
Thursday, November 20  
6:30 p.m.

Stamford Collegiate  
Secondary School  
5775 Drummond Rd.,  
Niagara Falls  
[stamford.dsbn.org](http://stamford.dsbn.org)  
Tuesday, November 18  
6:30 – 8:30 p.m.

Westlane Secondary School  
5960 Pitton Rd., Niagara Falls  
[westlane.dsbn.org](http://westlane.dsbn.org)  
Wednesday, November 19  
6:30 p.m.

### ST. CATHARINES

Eden High School  
535 Lake St., St. Catharines  
[eden.dsbn.org](http://eden.dsbn.org)  
Monday, November 17  
7:00 p.m.

Governor Simcoe Secondary School  
15 Glenview Ave., St. Catharines  
[govsimcoo.dsbn.org](http://govsimcoo.dsbn.org)  
Thursday, November 20  
6:30 p.m.

Laura Secord Secondary School  
349 Niagara St., St. Catharines  
[laurasecrod.dsbn.org](http://laurasecrod.dsbn.org)  
Wednesday, November 19  
6:30 – 9:00 p.m.  
Registration starts at 6:00 p.m.

Sir Winston Churchill  
Secondary School  
101 Glen Morris Dr., St. Catharines  
[sirwinston.dsbn.org](http://sirwinston.dsbn.org)  
Thursday, November 20  
6:30 p.m.

St. Catharines Collegiate  
Secondary School  
34 Catherine Street, St. Catharines  
[collegiate.dsbn.org](http://collegiate.dsbn.org)  
Monday, November 17  
6:00 p.m.

### WELLAND / FONTHILL / THOROLD

Eastdale Secondary School  
170 Wellington Street, Welland  
[eastdale.dsbn.org](http://eastdale.dsbn.org)  
Thursday, November 20  
7:00 p.m.

E.L. Crossley Secondary School  
350 Highway 20, Fonthill  
[elcrossley.dsbn.org](http://elcrossley.dsbn.org)  
Thursday, November 20  
6:30 p.m.

Thorold Secondary School  
50 Ormond St., Thorold  
[tss.dsbn.org](http://tss.dsbn.org)  
Tuesday, November 18  
6:30 p.m.

Welland Centennial  
Secondary School  
240 Thorold Rd., W., Welland  
[centennial.dsbn.org](http://centennial.dsbn.org)  
Wednesday, November 19  
6:30 p.m.

[www.dsbn.org](http://www.dsbn.org)



The

# Fort Erie Times

Thursday, November 6, 2014



## Messy situation

Volunteers grateful for donations, but not the garbage that's left behind

4



## non-traditional marriage

Couple gets hitched in Halloween inspired ceremony

3



McLeods drop 5-2 decision to Caledonia

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## Honouring the veterans who sacrificed so much

Albert Simon,  
of Ridgeway,  
celebrates 70  
years of service  
with the Royal  
Canadian Legion

Sarah Ferguson  
Fort Erie Times

When Albert Simon enlisted in the army to fight in the Second World War, he was looking for adventure.

"I signed up with my best friend," Albert said. "Everyone was doing it. When my buddy joined up, that was it."

Albert, or Si as he's known to his friends and family, was born in Ridgeway on March 18, 1919 and moved to Byron, Ont.

He was a sprint and middle-distance runner and ran with the London Olympic Club. Albert won and set records for the 100 yard, 200 yard and 400 yard relay.

Albert's son, Steve, said if the Olympics hadn't been cancelled because of the war, his dad "would have been a contender for the Canadian Olympic team."

Albert's son, Steve, said his dad spent 18 years overseas and was "just a boy" when he left.

Albert enlisted in the army in September 1939 and was one of the first Canadian soldiers to

arrive in England on Canada's flagship, the Aquitania three months after enlisting.

Albert landed in Sicily in July 1943 alongside his fellow soldiers and American and British forces.

Albert said his job was to lay telephone line that connected the divisional headquarters to the field regiments and infantry brigade. Albert fought in the Canadian campaigns in Italy, Sicily, France, Belgium and the liberation of Holland.

The biggest battle he fought was the battle for Ortona. The bloody battle saw 1,372 Canadian soldiers loose their lives but it was a successful battle for the allies who won it in December 1943.

"When Dad came home, he wasn't a boy anymore after what he had seen. All of the soldiers who went over to fight grew up," Steve said.

At 95, Simon received a commemorative pin for 70 years of continuous membership with the Royal Canadian Legion branch 71 in Fort Erie. It is the longest membership of a veteran in the branch.

Steve was also recognized as a 40-year associate member with Branch 71. They are the only veteran and son duo to ever reach that milestone.

See Page 2



Albert Simon, a Second World War Veteran, has been a member of the Royal Canadian Legion branch 71 for 70 years.

STEVE SIMON Special to The Times

## Soldiers like Simon made 'big sacrifices'

### From Page 1

Steve said his father, and other veterans should be honoured, not just on Nov. 11, but all year round for their sacrifices.

When these boys enlisted at such a young age, they were in it for a big adventure. It wasn't until they arrived that they realized it was a real war with real bullets," Steve said.

"These men didn't realize it at the time, but they were making big sacrifices."

Albert returned home to Ridgeway in 1945 and began working with Canada Customs.

### Remembrance Day

- Sunday, Nov. 9
- Royal Canadian Legion Branch 71
- Parade will begin at 1 p.m. from the legion and march to Mother's Arch and the cenotaph for a 2 p.m.
- Remembrance Day Service at Cenotaph at corner of Parr Ave. and Gorham Rd. at 11 a.m.

He married in 1946 to his wife, Evelyn, and raised three boys—Jon, Roger, and Steve.

Today, Albert lives at Gilmore Lodge in Fort Erie.

Steve encourages anyone who meets his father to

### p.m.

- Tuesday, Nov. 11
- Royal Canadian Legion Branch 71

greet him, and thank him for his service.

"If someone is lucky enough to meet a veteran, he or she should shake his hand and thank him."



SARAH FERGUSON Fort Erie Times

Albert Simon, has been a member of the Royal Canadian Legion 71 for 70 years, and his son Steven has been an associate member of the branch for 40 years.

[sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)

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# Canadian Niagara Power project to interrupt traffic

**Sarah Ferguson**  
Fort Erie Times

Traffic flow will be impacted along the Niagara Parkway and on the Peace Bridge as a Canadian Niagara Power crew removes an international power line Saturday.

CNP will replace a power line that runs between Fort Erie and Buffalo, N.Y., and two aging lattice steel towers—one on both sides of the border.

"The towers are over 100 years old and need to be replaced," said Kristine Carmichael, a spokesperson for CNP. "The towers are subject to wear and tear and the elements and that's why we're embarking on this project."

The international power line connects CNP and National Grid's transmission system. Rebuilding the international power line is necessary to restore electrical reliability to the CNP transmission system in Fort Erie.

A CNP crew will begin to remove the power line about 7 a.m. and work is expected to take about four hours to complete. During that time, Carmichael said motorists can expect a portion of the Niagara Parkway from Princess St. to Central Ave. and Queen St. to be closed between 5 a.m. and 2 p.m., and traffic on the

Peace Bridge will be interrupted for about 20 minutes beginning at 6:45 a.m.

Boating along the Niagara River will also be restricted.

Carmichael said the work would be completed in three stages. CNP has selected O'Connell Electric as the contractor for the duration of the project.

The first stage of the project, which will take place this weekend, consists of the removal of existing cables from the steel lattice towers.

The CNP crew will remove the cables by using a controlled implosion cutting technique that applies the energy from a small, precise implosion to cut the

cables releasing them from the towers.

Carmichael said this method was chosen because it is safe and involves "minimal human contact."

Residents in the vicinity of both towers may hear an instantaneous loud bang similar to a firework.

After the cable has been

severed, it will be collected on the Canadian side of the border.

The second stage involves dismantling and removing two steel towers. That process, expected to begin later this month, will take about two weeks to complete, Carmichael said.

The third stage involves building new towers on the

same sites, replacing the lattice structures with new towers consisting of steel tubes, and string a new cable between them.

The new power line is expected to be completed in October 2015, Carmichael said.

[sarah\\_ferguson@sunmedia.ca](mailto:sarah_ferguson@sunmedia.ca)



## Thank You!

I would like to send a special thank you to Ward 3 residents for their overwhelming support. I am very honoured to have been called to represent you to better our wonderful town. I sincerely thank you for getting to know me over the past several months and most of all thank you for believing in me. Together we will make a remarkable difference and I will work hard to maintain your confidence for many years to come. I look forward to working with you, and advocating for you today, for a better tomorrow.

Kindest regards,  
*Kimberly*

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## Thank You



To all the residents of Ward 5, for your votes and continued support and to all of my friends/volunteers for all of their hard work and dedication.

- Don Lubberts

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# Salvation Army Thrift Store used as a dumping ground

**Sarah Ferguson**  
Fort Erie Times

Stephanie Tisi isn't shocked anymore when she pulls her car into the Fort Erie Salvation Army Thrift Store's parking lot.

Every day, Tisi, who manages the store on Wintermute St., finds piles and piles of donations dumped over night.

Although she says Fort Erie has many thoughtful and caring residents who donate gently loved items to the thrift store, Tisi also finds garbage, clothing covered in mould, dirty diapers, stained or ripped couches and mattresses, chipped dishes, soiled linens,

used hygiene feminine products and even dead animals among the donations.

"I remember searching through a bag and found lovely baby clothes but we couldn't use them because the bottom of the bag was full of dirty diapers," Tisi explains. "It was a bio-hazard hazard," he says.

"Donations have been coming in faster than we can get rid of them as they come in and they are put out for sale right away. But if we're not here, the donations sit outside and often get ruined."

The store manager is asking residents to drop their donations off during store hours, from Monday to Saturday from 9 a.m. to 5 p.m., excluding holidays.

"We get donations left after hours every single day. Mondays are the worst because the store isn't open on Sundays, so there's no one here to sort through the mess," she says.

The biggest problem for the small staff at the thrift store is looting.

Brenda Henderson,

who works at the thrift store, says people come at night and open any boxes or bags left behind, take whatever they can find and dump the rest of the items across the parking lot.

In the morning, the store's two-person staff uses a shovel to pick up all of the donations and throw them out.

"A lot of items that could have been used, but because the donations are left behind and looted, we don't know what any of these items have come in contact with and it's not safe," Henderson says.

The funds raised from the store support Salvation Army programs, and to keep the thrift store open.

"The money that we raise goes directly back into the community," he says. "It's difficult when we have to pay for garbage removal," Tisi says.

Every other day, two men hired by the Salvation Army come to remove garbage.

"When the men come to fill the truck and take the garbage away, we usually have two to three truckloads."

Although it might deter some from dumping garbage, a surveillance system is out of the question because it is too costly, Tisi explains a donation bin would only invite



**SARAH FERGUSON** Fort Erie Times

Brenda Henderson stands outside the Salvation Army Thrift Store where people drop off donations. The thrift store is asking residents to drop off donations during store hours because of problems with looting, stealing and garbage.

people to throw their garbage in it and a fence around the property wouldn't stop people from dropping donations off after hours, she adds.

"If we had a fence, people would just leave their donations at the fence and it would be strewn across the street,"

The thrift store is in desperate need of volunteers to manage the large amount of donations it receives. Volunteers are needed to help sort and price donations so the items can be sold.

"I don't have a big staff and most days, there is one person in the back going through and cleaning up what was dumped the night before and one person at the cash register," Tisi explains.

Municipal bylaw officer Matt Richardson says:

The Town of Fort Erie will issue a \$500 to people for dumping garbage illegally.

"In the case of the Salvation Army, it is a little more difficult for us to be able to issue a ticket because we have to positively identify the people."

Anyone who witnesses illegal dumping is encouraged to call Richardson at 905-871-1600 ext. 2215 or report it online at [NiagaraRegion.ca](http://NiagaraRegion.ca) or [www.niagararegion.ca/waste/contact/dumping/default.aspx](http://www.niagararegion.ca/waste/contact/dumping/default.aspx).

For more information about the Salvation Army Thrift Store call Tisi at 905-871-9433, [sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)

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## 'Audience favourite' returns to Trinity Lutheran Church

Eduard Klassen will return to Trinity Lutheran Church, bringing the sounds of Paraguayan folk.

Klassen has performed "a few times" at the church and has become an audience favourite, church member Sandy Rempel said.

The well-known harpist is set to perform with his wife Christine, who plays keyboard, on Saturday, Nov. 15 at 7 p.m.

The concert will feature a variety of music including Classical, country, classical, contemporary and spiritual tunes.

Rempel said proceeds from the concert will assist the church, at 171

## Holiday parade organizers put call out for volunteers

Preparations are already underway for the 42nd annual Fort Erie Santa Claus Parade.

Santa and his reindeer will make a special appearance in the parade set for Saturday, Nov. 22, at noon.

The parade will follow the traditional route, beginning at the Fort Erie Race Track, heading east on Catherine St. to Central Ave. and will finish along Jarvis St.

Barbara Horning, Historic Bridgeburg Business Improvement Chairman, said the Bridgeburg BIA is "excited to once again play an integral role" in organizing the parade.

Bertie St., in Fort Erie, to become more accessible for seniors by installing an elevator.

"We have so many seniors that will be helped by making the church more accessible," Rempel said.

"We would also like to open our church doors to the community (for service organizations to host events) but we can't do that until we have accessibility."

Tickets are \$12 each and can be purchased by calling Trinity Lutheran Church at 905-871-2883. The limited number of tickets will also be available at the door. For more information visit [www.eduardklassen.com](http://www.eduardklassen.com).

"We encourage everyone to come out and enjoy the sights and sounds of this year's parade. The committee is actively promoting float entries and seeking both corporate sponsors and volunteers to assist."

The parade will feature community floats, fire trucks, mascots, and local dignitaries, and marching bands from across southern Ontario and N.Y.

Anyone interested in participating in this year's parade is asked to contact Horning by e-mail at [barbara.horning@gmail.com](mailto:barbara.horning@gmail.com), or Stephen Passero at [spassero@forterie.on.ca](mailto:spassero@forterie.on.ca).

## Fire causes \$150,000 in damage to Lakeview home

A home was ravaged in an early morning fire Saturday on Lakeview Rd., near Englewood Ave., in Fort Erie.

The fire caused about \$150,000 in damages to the home and another \$50,000 to the contents, Fire Chief Larry Coplen said.

The home was engulfed in flames when firefighters arrived shortly after 2 a.m.

No one was home at the time of the blaze and no injuries were reported.

The cause of the fire remains under investigation.

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# opinion page

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## Give thanks to our veterans

Tuesday morning, we will gather at the Cenotaph in Crystal Beach at 11 a.m. as the Royal Canadian Legion Branch 100 and other veterans pay tribute as we do every Remembrance Day to those who fought for freedom, because their country asked them to.

Branch 71 of the Royal Canadian Legion is also hosting a ceremony at Mother's Arch at 2 p.m., and other ceremonies to pay tribute to our veterans are scheduled in Greater Fort Erie.

These services are important because they remind us of the sacrifices so many men and women made so we can enjoy our country and be free.

Last week, some of those in our municipality and across the province exercised their right to vote. Not many - but we all have the right to do so, because we live in a democracy, thanks to our veterans, and that guarantees us a say in the make-up of our governments.

Every November 11th, people gather across Canada to lay wreaths and observe two minutes of silence for all those Canadians who have served, from the First World War through to current conflicts. In Ottawa, thousands of people traditionally attend the service at the National War Memorial to remember the sacrifices our soldiers have made.

This year marks 100 years since the beginning of the First World War, and 75 since the Second World War, two milestones that might give us another reason to pause and give thanks.

But in addition, we will have fresh on our minds the senseless tragedies of recent weeks, the loss of two soldiers serving on their own home turf, including one guarding our National War Memorial.

We will surely be thinking of them along with those lost in combat, some of them family members we never had a chance to know. We will pay tribute to those who came home to raise their families, a dwindling few still with us, and many that have since succumbed to the ravages of time.

Those of us who watch the Remembrance Day parade of veterans from the sidelines can see the present, the old and the young - veterans from the Second World War, accompanied by soldiers from more recent conflicts, and the elementary school students who come out to be part of the service. The youngsters may sing for us, and perhaps read that iconic poem, *In Flanders Fields*, which inspired the Remembrance Day symbol, the blood-red poppy we wear to honour our veterans.

And together, we will all remember our veterans and why they fought, and say thank you.

And by doing so, we will know that we are paying tribute to the quality of life so many around the world enjoy today, and the sacrifice of those who didn't return, their friends and family members, are not forgotten.

It's not much, considering all that was done for us, but we know it's appreciated.



## Do You Remember?

A big thank you to Barb Steele, Al Stoofler, Keith McNeill, Tim Morris and Jack Cox Sr. (both former members of the company) for identifying all the people in last week's photo.

This photo was taken of Fire Co. No. 1, in 1979 when it was located on Bertie St. From left (back row) Don McNeill, Bernie Steele, Fred Henderson, Alf Baxter and Pete Morin Sr., (front row)

Gorman Wassman, Moe Charles, and Richard Ross.

We learned more about the previous week's photo as Dorothy Watt wrote in to tell us that her husband, James Melville Watt is shown receiving the Military Medal of Merit from Bora Laskin, Chief Justice of Canada in Ottawa, Nov. 1975.

Jim, who joined the Royal Canadian Navy in 1958 as a

Marine Engineer, served in Halifax, Bequia, Cornwall and Oruera before retiring from the Navy in 1992.

This week's photo shows two members of the Royal Canadian Air Cadets.

Can you tell us their names or anything else about this photo?

Please call the Fort Erie Historical Museum at 905-894-5322 or e-mail museum@forterie.on.ca.

## letters to the editor

### Liberals are hurting residents

Dear Editor,

Ontario's Premier Kathleen Wynne and

Philippe Couillard, who are governing Quebec's two worst provincial economies in Canada, must for calling themselves Liberal. Liberal damaging policies are hurting residents and chasing business away. Liberals are taking away our democracy and our freedoms by controlling more of our lives.

Liberal supported public sector unions are controlling provincial elections as we saw with the prime minister Dalton McGuinty and Wynne. The Liberals are taking more and more of our money for them to squander. Especially this new fake pension plan from the Liberals will cost low income earners approxi-

mately \$900 yearly and businesses will pay per employee a 1.9% increase on their payroll tax.

Wynne is trashing the current amount of wind turbines making it impossible for many to pay their future hydro bills and selling the excess hydro for big losses abroad. The U.K. did the same thing as the

Ontario Liberals doing right now with as a result big problems with energy poverty, because of the unaffordable energy price es.

Do we as taxpayers stand by and watch this incompetent government destroy and bankrupt our province of Ontario? Many Ontarians are like sheep, not willing

to understand what is happening to our province. We need to be vocal like our radio talk protesters and stand up with massive civil disobedience to change this incompetent government is pushing us. Ontarians are cutting their own wrists and they don't even know it.

Rob Janssen

## opinion page

# Author shares spooky tales from across Canada

Joel Sutherland, the Barbarian Librarian from the reality TV show *Wipeout Canada*, will be visiting the Crystal Ridge branch of the Fort Erie Public Library on Nov. 12, at 7 p.m.

Sutherland is a versatile writer. *Frozen Blood*, his 2008 horror novel for adults, was nominated for the Bram Stoker Award. Be a Writing Superstar, for young people, was published in 2010. He contributes to the Haunted Canada series, with number four published in August 2014 and *Haunted Canada 5* coming out in 2015.

Summer's End, a horror novel for young adults, will be published in August 2016. Joel is an adventurer,



**Amy Roebuck**  
Fort Erie Public Library

too. He recently spent a night alone in the haunted Olde Angel Inn in Niagara-on-the-Lake, and recorded the experience for posting on YouTube. He has appeared on Canada AM

twice and has been invited to speak on CBC Radio. The public is invited to attend Joel's visit, which is sponsored in part by Canada Council for the Arts. Books will be available for sale and signing.

Shirley Opie of Designs by Shirley will demonstrate exciting new holiday decorating ideas at the Crystal Ridge branch on Nov. 12, at 7 p.m. All are welcome to this free program; there will be inspiration for both the talented and the not-so-meticulous-fingered who want their space to be beautiful and interesting for the holidays.

As a special bonus, everyone who attends will have a chance to win one of her

examples to take home. The library collection also includes many wonderful books of ideas for holiday decorating. Visit [www.fepl.ca](http://www.fepl.ca) to place a hold on any title.

Sleepytime Story and Crafts for ages two to seven will be held today at the Stevensville branch. For many animals, this is a sleepy time of year. Join us for a story time and craft to get animals ready for winter. Space is limited, so registration is required. The fee will be \$2 per child or \$5 per family.

Tonight's movie at the Centennial branch is *Belle*. Gugu Mbatha-Raw stars as the mixed race daughter of a Royal Navy Admiral, who

is raised by her aristocratic great-uncle in 18th century England. *Belle*, rated PG, will begin at 6:30 p.m.

The Nov. 8 matinee is *Teenage Mutant Ninja Turtles*. The film will begin at 10 a.m. on Saturday, November 14 at Crystal Ridge. In this PG rated action comedy adventure, a group of mutated warriors face off against an evil kingpin who wants to take over New York.

Visitors to the Leo Club this month will be designing catapults. Come and explore building a working catapult, or just build whatever is in your imagination! Preregistration is not required for this all-ages program, which will be held

on Nov. 10 at the Centennial branch and on Nov. 13 at Crystal Ridge. Both programs at 3:30 p.m.

Pick your team and get ready for the gridiron. The Centennial branch will be hosting a Madden 15 XBox tournament on Nov. 15, and registration is now open. There is no charge for this day-long event.

All branches of the library will be open on Nov. 11. A moment of silence will be observed at 11:00 a.m. See the display of books at the Centennial branch on the role Canadians played in two World Wars.

*Amy Roebuck is the community services coordinator at the Fort Erie Public Library.*

## Double-crested Cormorant spotted in Crystal Beach

### Double-crested Cormorant

Say if I'm not,  
Rick Doan gave me the  
proof.

To the right of Crystal Beach Waterfront Park were three Double-crested Cormorants.

This black-coloured fishing bird looks like something between a goose and a loon. Then they were resting on a rocky outcrop on Lake Erie.

In recent years, on our Niagara river shore, I have seen as many as 30 cormorants in a dead or dying tree. Their defecation is so powerful that eventually the trees will die.

Please stay away from Crystal Beach.

Like our big bird, the Turkey vulture, they need to perch and open their wings to dry.

I have observed these solid heavy boned birds. Watch



**Earl Plato**  
Author

them in the Niagara river. They are experts at diving to catch small fish.

I was asked about the cormorants' nests.

This is what I learned. They make a bulky nest of sticks and other materials. They often include junk into their nests. We are told that lengths of rope, deflated balloons, fishnet, and plastic debris

are often incorporated into their nests. Some birds have several large pebbles in the bottom of their nests and the cormorants treat them like eggs.

Strange eh?

The oldest known cormorant was more than 22 years old. It was banded in Ontario in 1964 and found in Louisiana in 2006.

I say cormorants fly south this fall. Our treasure local fishermen won't miss you.

\*\*\*

What do you know about goldenrod? This perennial yellow-flowered weed? It is found in the meadows, pastures, along roads, ditches and the many waste land areas in Niagara. In fact I have seen meadows filled with goldenrod.

Former Fort Erie naturalist, Ernie Giles, showed me some of the different species of this common plant. On a

walk through the northern paths of the Sportsman Club on Bertie Rd. I learned the true name of goldenrod.

There were at least three goldenrod species there. The first was the Zigzag. Ernie showed me the position of the leaves on the stem. They were placed alternately in a zigzag pattern.

Then he pointed out the Canada goldenrod. This one I recognized as a most common species. Then there was a small stand of very tall goldenrod. I believe that it was the Giant goldenrod. There are many varieties of this plant found in Canada.

Too many hay fever sufferers blame goldenrod for their allergic sufferings. Not so. Growing amidst goldenrod very often is the real culprit - Ragweed.

Nature friend, Rob Eberly, Ridgeway naturalist, stopped in.



Three cormorants

"Earl, goldenrod is a study in itself. There's Wrinkle leaf goldenrod, Autumn goldenrod and many named after states such as Virginia. I have a whole book just on goldenrod."

\*\*\*

Question: As one who has watched the spread of the alien, Purple loosestrife weed

over the years, is it still filling up our ditches and roadside? Of course as you drive Fort Erie's roads this Fall you saw many of them in our ditches. What does the spread of the "Purple" mean?

*Earl Plato is a Fort Erie resident and author.*

## letters to the editor

### Reader: Calvin Nigh will be missed

Dear Editor,

Passion was certainly the key word that comes to mind when a person thinks about Calvin Nigh.

Calvin was a recent

recipient for the Fort Erie Sports Wall of Fame at the Leisureplex in June.

Calvin immediately stood out as a "Football Guy," knowledgeable, attractive, empathetic, humble, inspiring and the

list goes on.

One immediately recognized that he was a treasure to his students, his school, his community and a treasure to the teaching profession.

Calvin was a true role

model. It was an honour for the Wall of Fame Committee to have such a respected person selected and he will be missed by so many in the community.

Our heartfelt sympathies are extended to Calvin's

family, his friend and the educational and athletic communities as everyone tries to cope with this huge loss.

*Cathy Denhaower  
Chairman, Greater Fort Erie Sports Wall of Fame*

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# 'Football was always at the forefront of his mind'

From Page 9

"Calvin was committed to his students as well as his colleagues and the school itself. He had a deep love of the community and giving back."

The Blue Devils were set to play football in Beamsville last Wednesday and the game was to be canceled.

Yielding said the Blue Devils decided not to cancel the game, but instead host the game at RCBHS to "pay homage" to Nigh.

St. Catharines Collegiate football coach Nathan Greene said Nigh was "a real friend of high school sport in Niagara and especially to the people of Ridgeway."

"Calvin was everything that a high school football



**He always did things right, never took compromising short cuts, and was an advocate for his team and was a coach that players, coaches and administration and officials respected."**

— Nathan Greene

coach should strive to be," Greene said.

"He always did things right, never took compromising short cuts, and was an advocate for his team and was a coach that players, coaches, administration and officials respected."

Nigh was given the distinction of RCHS class valedictorian in 1984, and was the winner of the Wilkinson Trophy in 1990. He was also inducted into the Fort Erie Sports Wall of Fame in June for his contribution to high school football in Fort Erie.



CHRIS MCCOOEY  
Special to The Times

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# Niagara-on-the-Lake couple wed in spooky ceremony

**Sarah Ferguson**  
Fort Erie Times

Not many couples have Jack Skellington as a guest at their wedding.

But Hannah Horning, 26, and Corey Bourton, 25, of Niagara-on-the-Lake, couldn't have been happier to have the spine-chilling guest at their Oct. 31 wedding.

The couple met almost three years ago and have "been inseparable ever since," Horning said. They began planning their big day six weeks ago and decided they wanted an unconventional wedding.

Horning walked down a pumpkin-lined aisle Friday at Elope Niagara's Little Log Chapel in Stevensville and said "I do" to Bourton in an intimate Nightmare Before Christmas-themed ceremony.

"We thought why not. I love the Nightmare Before Christmas and we even have a dog named Zero. We're definitely a non-traditional couple," Horning said.

The bride wouldn't change a thing about her spooky wedding day.

"You can do whatever you want and you can have as much fun as you want. It doesn't have to be a cookie cutter wedding."

"You don't have to spend \$20,000 or \$30,000 to get married and have a beautiful wedding," Bourton said. "Our wedding is intimate

and that's what we wanted."

Horning handpicked every detail of her wedding, including her jack Skellington shoes, a black and purple cape, matching earrings for bride and groom and bouquet and boutonniere.

Horning said she was happy to celebrate her marriage in her hometown.

"My family is here and this (Fort Erie) is where I grew up," she said.

The newly-weds celebrated their nuptials with a small dinner with their parents. In Niagara Falls following the ceremony.

Kim Cartmell and her business partner Kathy White began offering themed weddings at Elope Niagara at 3787 Switch Rd. two years ago.

"It's just a lot of fun. People come up with all sorts of themes and we can help them make their dreams come true," Cartmell said.

The Little Log Chapel is open year-round and couples can have Halloween, Valentine's Day, or even

Christmas inspired ceremonies.

For more information about the Little Log Chapel visit online at [www.elopeniagara.com](http://www.elopeniagara.com).



SARAH FERGUSON

Fort Erie Times



Hannah Horning and Corey Bourton wed in a spooky ceremony on Friday, Oct. 31 at Elope Niagara's Little Log Chapel in Stevensville. The festivities included a Nightmare Before Christmas themed bouquet.

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**SARAH FERGUSON** Fort Erie Times

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# Dickens classic retold 'with a twist'

**Sarah Ferguson**  
Fort Erie Times

Charles Dickens fans will enjoy a unique twist on the author's classic, A Christmas Carol.

Fort Erie Secondary School, in partnership with Garrison Little Theatre and Dominion Repertory Theatre will present A Canadian Christmas Carol.

"Charles Dickens' story has been rewritten (by Brian Costeworth)," explained FESS teacher Vince Marinaccio. "Scrooge is transplanted in Fort Erie and it's 1834."

The play will open on Nov. 28 at the R. Scott Gemmill Theatre at FESS.

The plays begins just as the original story does—it's Christmas eve and

A Canadian Christmas Carol

- Written by Brian Costeworth and based on the classic Charles Dickens story.

- Thursday, Nov. 20 preview show free with non-perishable food donation, 7:30 p.m.

- Friday, Nov. 28 at 7:30 p.m.

- Saturday, Nov. 29 at 2 p.m. and 7:30 p.m.

- Friday, Dec. 5 at 7:30 p.m.

- Saturday Dec. 6 at 2 p.m. and 7:30 p.m.

Ebenezer Scrooge is planning to spend the holiday alone.

All around Scrooge, the residents of Fort Erie continue to feel the impacts from the War of 1812.

"It seems the only one



**SARAH FERGUSON**

Fort Erie Times

The cast of a Canadian Christmas Carol rehearsed with writer and director Brian Costeworth at Fort Erie Secondary School last week.

that hasn't been touched by the war is Scrooge," Marinaccio explains.

Fans of the original story can expect to see "Tiny Tim and all of the original characters" but there are "a few twists and turns" that the audience won't expect."

"I don't want to give it all away," Marinaccio said. "People will just have to come and see it for themselves."

The play will run from Nov. 28 until Dec. 6. Tickets are \$15 for adults and \$10 for students and seniors. Tickets can be purchased at Fort Erie Paints, 401 Garrison Rd., in Fort Erie. Call 905-991-8181 for ticket information.

The play commemorates the final presentation in the three-year celebration of the War of 1812, and 200 years of peace between Canada and the U.S.

Proceeds from the performances will benefit the arts and the community.

[sarah.ferguson@summedia.ca](mailto:sarah.ferguson@summedia.ca)



## TENTH ANNUAL red ribbon ART EXHIBITION

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## Learn how to make homes safer for seniors

Staff from Home Instead Senior Care will visit the Fort Erie Public Library to educate the public on how to make homes safer for seniors.

Two sessions will be held—the first will be held on Nov. 12 and the second will be held on Nov. 18. Both will begin at 7 p.m.

Danielle Cucco, managing director of Home Instead Senior Care, said "many people are unaware of the importance of making small changes to

their homes, or the homes of their loves ones in order to keep it safe for individuals as they age."

"With winter quickly approaching, many seniors will spend an increased amount of time inside, making it important for families to make sure the space is safe!" she added.

For more information about Home Instead Senior Care, visit online at [www.homeinstead.com](http://www.homeinstead.com) or call the library at 905-871-2546.



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Youngsters learn to give to others



RIDGEWAY PUBLIC SCHOOL Special to The Times  
Ridgeway Public School's Kindergarten class was recently inspired to collect food donations for others after reading a story called Thanks For Giving. More than 70 students collected donations which were given to the St. Vincent De Paul Food Bank. From left are Kindergarten students Delaney Holder, Xander Cheu, Kennedy Jenkins and Noah Collings.

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For Patients of  
Fort Erie Group Practice

Tuesday, October 28<sup>th</sup> • 4pm - 7pm

Friday, October 31<sup>st</sup> • 12noon - 4pm

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Tuesday, November 11<sup>th</sup> • 4pm - 7pm

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## Author to share scary Canadian stories

**Sarah Ferguson**  
Fort Erie Times

Joel Sutherland has had a passion for chilling tales that sends a shiver down his spine from a young age.

"I've always loved spooky stories, ghosts and monsters. I love Halloween and this time of year."

Sutherland said his love of terrifying stories is likely due to the many horror novels he read as a child.

"My brother was quite a bit older than me and he was a big fan of Stephen King novels. I saw all of his books on the shelves and eventually, I began reading them—much earlier than I probably should have."

Sutherland will visit the Fort Erie Public Library's Crystal Ridge branch on Wednesday, Nov. 12 from 1 p.m. to 3:30 p.m. to share his take on writing, and to scare us some fun telling some of the spooky stories from his book, Haunted Canada 4.

"My book is part of a series of books that many people may recognize. The

first three Haunted Canada books were written by a different author and I was delighted to have taken it over."

Sutherland's book features 30 different stories about haunting across Canada, including the haunting of the Hockey Hall of Fame in Toronto.

"The Hockey Hall of Fame used to be a bank, and one of the bank's tellers had committed suicide after the bank opened," Sutherland said.

"Tellers reported seeing her in the bathroom where the teller died herself," Sutherland said. "The Hockey Hall of Fame's staff, and visitors report odd disturbances and even sightings of the woman who took her life there."

His stories "weave true historical facts" with detailed accounts of haunting across the country.

"That's the best part. Authors are having fun reading the scary stories but they don't realize they are learning some history about Canada."

Sutherland has never seen a ghost, and he said he is skeptical that they even exist.

"I'm fascinated by the subject of (ghosts), but until I actually see a ghost, I won't fully believe," he said.

"Still, I find it spooky that a lot of people who don't know each other who have similar stories about what they've seen at various haunted places. It's kind of creepy."

Audiences may recognize Sutherland, as he appeared on an episode of Wipeout Canada as the Caribbean Warfarin. He also recently recorded a night that he spent alone at the haunted Olde Angel Inn in Niagara-on-the-Lake which is available on YouTube: [sarah.ferguson@sunmedia.ca](http://sarah.ferguson@sunmedia.ca)

### JOEL SUTHERLAND

Special to The TimesTimes

Author Joel Sutherland will visit the Crystal Ridge branch of the Fort Erie Public Library on Nov. 12 at 1 p.m. to talk about writing, and his book, Haunted Canada 4.



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# 'Eliot Girls' author featured in reading series

**Sarah Ferguson**  
Fort Erie Times

Kristin Bridge's novel, *The Eliot Girls*, gives insight into the world of an all-girl private school.

For years, Audrey Brindale has dreamed of attending an all-girls private school where her mother, Ruth, has taught for more than 10 years.

"Audrey never passed the entrance exams, until one day she finally does," Bridge explains. "But it's not the place she's romanticized about."

Bridge attended private school as a child, and although the book isn't autobiographical, she said her novel explores the "rich, complex lives that intersect" at a private school.

Bridge is the fourth author to be featured in the Ridgeway Reads Literary Society Fall Reading Series on Nov. 7 at 7 p.m.

The reading series is held

each Friday at Ridgeway-Crystal Beach High School's auditorium until Nov. 21.

"I think people will enjoy this book because the struggle of human emotions is at the heart of this book," Bridge said.

Bridge is encouraging readers to attend her lecture on Friday.

"When you're creating a story, you don't think about the audience when you're struggling to put pen to paper each day," she said.

"But when you have the chance to meet the readers, it's really amazing to see how they interpret it."

Tickets are \$5 at the door, or \$25 to become a member of the Ridgeway Reads Literary Society and all fall and spring reading series events are free. For more information about the reading series and upcoming events visit online at [www.ridgewayreads.com](http://www.ridgewayreads.com).

[sarah.ferguson@sunmedia.ca](mailto:sarah.ferguson@sunmedia.ca)

## Every penny counts



GAIL BINGLEMAN-MORDEN Special to The Times  
Maurice Bamforth of Crescent Park Lodge, presented Olivia, Zoey, Sylis and Keenan with the proceeds from a penny drive. Wanting to work with a community project in mind, \$207 in pennies were collected by Gilmore Lodge residents over the course of the last three months. Their goal was to donate the funds to the Early Learning Kindergarten Program at Peace Bridge Public School. The money will be used to purchase a Polar Bear Mascot costume for the school.

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Game is on Saturday November 22nd, 7:00PM @ the ACC, Toronto.

COPE 'going strong' after 31 years



SARAH FERGUSON Fort Erie Times

Barb Votzke, manager of Community Program Outreach Erie, proudly shows off the organization's new sign that was recently donated. "COPE has been operating as a food bank and resource and referral agency since 1983, providing services to the residents of Greater Fort Erie including Fort Erie, Ridgeview, Crystal Beach, Stevensville and Sheraton," Votzke said. According to Votzke, COPE is "going strong and our doors are open" and she is grateful for the support from the public that allows the organization to provide its "valuable services in the community." COPE is a registered non-profit charity at 32 Dufferin St. For more information about COPE, call Votzke at 905-871-2526.

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# Peter Vronsky chronicles stories of murderers in book

**Stephanie Azevedo**  
Special To The Times

Peter Vronsky entertained readers with his book, *Serial Killers: The Method and Madness of Monsters at the Ridgeway-Crystal Beach High School on Oct. 31.*

He was featured in the series at Ridgeway-Crystal Beach High School on Oct. 31. "I'm not just an author but also a historian and documentary writer with a Ph. D. in the history of espionage in international relations and criminal justice history from the University of Toronto.

Yet, he didn't get his degree until after his first book was written.

"I learned a lot about how to research on the high academic level. Working as a journalist rather than as an academic. The research techniques that I learn are certainly shaping how I write this third one."

*Serial Killers* covers "the history of how we perceive serial killers, the history of the psychiatry, the investigative profiling, forensics and so on."

"We have so much information [about serial killers], the hardest part is sorting mythology from factual science information. There's a lot of myth that people believe is scientifically fact," Vronsky says.

"The idea that serial killers are somehow super intelligent, the way we see them on television, in fact most serial killers are of average and below average intelligence. They are calculating, they have street smarts but they're not [smarter than us]. Another myth is that they're all male. In fact, approximately one in every six are female. That's essentially what my book tries to address."

"Serial homicide is rare, exceptionally rare," Vronsky says. "We have more fictional serial killers that actual serial killers. If you think about it, of all the 2014 years in the U.S., maybe at best we've had a little over 300 serial killers."

"They certainly get everybody's attention. Serial killers are kind of like our Ebola. In the U.S. there's two cases but CNN is running 24 hour coverage of it."

Vronsky was inspired to write a book when he realized he had a run in with several serial killers before they were captured, 10 years apart.

"That kind of made me think 'Wow, you can get hit by lightning once, anything can happen, but I ran into two.' I got into thinking, what are the mathematical possibilities of that? Were there three or four others that I didn't know about? That got me writing the book."

Vronsky's first brush with a serial killer was Richard Ramirez, the Times Square Ripper, December 1978. "I passed him in the elevator as he was leaving a hotel I was checking into with some in his bag." He wouldn't discover this until a year later.

His second contact with a serial killer was in 1990 while in Moscow when shooting a documentary.

"I was approached by Andrei Chikatilo, who was known as the Red Ripper, for an interview. I turned him down for the interview. Again, I didn't realize, I saw him on television, but I did not recognize him physically, I remembered the story he wanted to tell."

"With the guy on the elevator, I have no memory of him. It tells you how invisible those guys were. Ordinary, forgettable people. It made me think, man, how many times have I stood at McDonalds, on a bus, on a train? How many times do you rush by a serial killer in ordinary routine life?"

For his third serial killer book, *Serial Killer Chronicles*, Vronsky finds himself doing many interviews but for his first book, *Serial Killers*, he used available forensic literature and translated it into a more easily understandable accounting.

When collecting information for *Serial Killers*,

Vronsky says the internet was "not robust" it is now. Some information was available in the dark corners of the internet journals and academic forensic journals that were becoming available, but it was just coming online at the point, so most of the time I was working with hard copy paper sources."

*Serial Killer Chronicles* will be an update of the last ten years, about where the state of serial homicide has gone to. His second book is *Female Serial Killers: How and Why Women Become Monsters*.

When Vronsky writes, he usually starts in the day and works through to night. "No rituals, no tokens, habits or superstitions. I just write and once I start writing I just don't stop. It just starts flowing."

"I was a film maker, [and] one you always work with pictures. How it is that I ended up writing, I am still confused. I never had a hit documentary or film in the way this book (*Serial Killers*) was a best seller?"

"You have to write before you can make your film

but the writing you're doing is for something you're going to build. You are focused on the building, not the blueprint. In writing you focus on the blueprint. This will be my fourth book coming. I never saw myself as an author or a writer. My first book published when I was 48."

"I'm not sure I even have a technique. People talk about the craft of writing, and I don't even know what that is. I write what I want to read. That's the best what I can come up with."

Vronsky's writing style is also somewhat influenced by authors Colin Wilson and Harold Schechter, who put stories of serial killers into historical context. "They wrote not only about the serial killers, but about the life and times of the era where the serial killers make their crimes ... The serial killer is the reflection of the world the serial killer child is being brought up in. Most serial killers are formed when they are five to six years old and



Peter Vronsky

they begin killing 20 years later. You've got to go back in up to the 80s when their psychopathology is being brought

up as a child."

For more information about Vronsky or his books visit online at [www.petervronsky.org](http://www.petervronsky.org).

## CHECK OUT KEN'S PICK OF THE WEEK!



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### Bouquet for a husband

A bouquet for my husband who made dinner the other night. It was scrumptious and I am so glad to have a husband who is such a good cook.

### Brick for staff who close their business early

A brick to the staff at a local business that decided to close up early. I don't think it's fair to have signs posted that say you are open until six, and then you decide to close early because you think it isn't busy enough, or you just want to go home early.

### Brick for pet owners who don't neuter their pets

A brick to a cat owner I know who didn't get his cat fixed, and now there is a litter of kittens running around the neighbourhood. Shame on you for not being responsible and having your animal fixed. I don't enjoy having cats run amuck in

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# From the gardener's journal: Niagara is beautiful

### Ruth Vold Markle

Special to The Times

That blue sky of late autumn and the remaining golden leaves accompanied us as we walked the community this week.

The sunshine which never really left hot this year was just the right warmth for the walk by the lake. The river looked spectacular with the white caps and blue water.

I have walked each day as I walk and move through this community how very nice it is to live in Niagara.

Years ago, I lived with my family in St. Catharines and in my mind, at least, after we moved to Philadelphia I was fairly determined to move back to Niagara. It took a number of years and many moves, but four years ago my dream came true.

Whether we will be near the water, either the river or the lake or on any of the beaches in such a short time?

We walk a safe and clean trail with little ones or pets? Or visit with the neighbours and get to know them because we are all a

community? Or be welcomed as a volunteer at so many different places? I suppose I am a great believer in this community because I have chosen to live here and make my life here.

The winters are fairly mild, the spring and autumn are pleasant and the summer is beautiful. There are moments when all is not ideal, but taken as a whole, there are wonderful times year around here. And I love being a part of this.

This past week saw our first hard frost and with that came the final rush to take the tender indoors. I think we got all or most of them. A visit to the high school greenhouse on Wednesday or Thursday will reveal how many of these tender plants are beginning a new life inside. The last of the seeds are collected for early February sowings. I am saving them for fun and experiment. I am starting some vines in water, some in vermiculite, some in sterile potting soil, just to see which roots more quickly and more strongly. I'll let you know the results.

And just for fun and maybe for better as well, I have returned back one set of hostas as my friend in London used to recommend and an identical set I have allowed to drop leaves naturally. I believe plants can be excellent 'nurses'. So I am willing to let these fall back into the ground in the autumn and remain there through the winter, until time for spring bloom. If there is any debris left by spring then I will clean it out, thinking it has served its purpose. So we'll see if one set prosper more than another.

I know you are thinking I have a little too much time on my hands and certainly with most of my civic gardens ready for the late autumn and early winter dormant time, you are correct. Now will I use that extra time?

Firstly, I will repair and clean my tools and tidy them ready for use. A tradition among growers.

Secondly, I will clean out my long suffering vehicle which gets to haul plenty of dirt, stones and plant life all over the place during the growing season. I rather think my vehicle won't be recognized in a clean condition.

Thirdly, I am researching and making plans for the spring season. I evaluate how certain things have thrived, or not in all of the places I work. I keep a journal on each place with the names of most if not all the plant life present or added in the past year.

This helps with identification in the spring but also helps if something does not survive. This way, we know where we begin when we begin again.

And finally, but not lastly, I research new ideas for growing and maintaining not only vegetables but also plants and trees. There are some great websites. Pinterest has some excellent ideas in a budget way. So lovely to have the access to so many ideas.

In a more serious moment, I am helping to create Christmas presents of growth for some special students. Just because we are moving indoors for a little while doesn't mean we stop growing.

Thanks for all the kind encouragement. I so appreciate all your comments and shared ideas. You and I and all of us make for a wonderful community on the brink of good changes. This is indeed a season to be hopeful.

Keep that growing going.

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Ruth Vold Markle is a member of  
the Fort Erie Horticulture Society.

# Alberta native brings pop and soul to Sanctuary

Time has been flying it seems.

October and Halloween have passed and it feels like Christmas is approaching quickly.

I guess it is a good thing we are all putting our best foot forward and enjoy the good life.

With that being said, I'd like to remind you of a few upcoming events you might enjoy.

The Pizzicarola's, the wonderful, talented and super funny Michael Bernard Fitzgerald on Nov. 8.

It is actually really fun to say his name always in full. Michael Bernard Fitzgerald will be at The Sanctuary - Centre for the Arts for the second time. His first show in Ridgeway was a last minute arrangement on a Wednesday but he still brought out a lot of people and delivered a great concert.

The Alberta native released his latest album "Yes" in 2013. It is an electric, pop-driven and soulful album produced by Jon Levine (Serena Ryder) and Brian West (Nelly Furtado). Michael Bernard Fitzgerald has toured with countless big names in the music business such as Joel Plaskett, Michael Franti, K-O-S, Sam Roberts, Elliott Brood and Lights. He is an example of the great musical talent we are lucky enough to have in our country. I highly recommend this show to you. You won't regret it.

Also on Nov. 8, The Fort Erie Arts Council is holding their annual Red Ribbon Art Exhibit and Gala at the Lion's Banquet Hall at the Town of Fort Erie Leisureplex.

This is a great occasion to see the inspiration of our very own Fort Erie artists and put on some fancy clothes if you like. The gala is in its 10th year. That is quite an accomplishment. Tickets are on sale now. For more information about this event, please visit [www.eriearts.org](http://www.eriearts.org) or like BOFCAR on Facebook.

Hawksley Workman, one of the big Canadian musi-

his blend of cabaret pop and glam rock.

He released 11 studio albums throughout his career. One of the things I admire most about Hawksley as a musician is the fact that he seems to be able to master all aspects of making music from the actual writing process in notes and lyrics, playing multiple instruments to singing.

He has not only produced music for himself but also for countless other musicians. Hawksley's music has been featured on the TV shows "Shrubs", "Being Human", "Falcon

Beach", "Queer as Folk" and "Whistler".

Hawksley Workman formed the band "Mounties" in 2013 with Ryan Dahl (Limblifter) and Steve Bays (Hot Hot

Heat) in 2013.

You might have seen their recent performance at The Casby Awards. Great show.

For more information about all shows and class-

es, please visit our website [www.thesanctuaryarts.org](http://www.thesanctuaryarts.org) or like us on Facebook.

**Nadine Pizzicarola** is a Centre for the Arts



Nadine Pizzicarola

cal talents, will be in Ridgeway on Nov. 15. We are very excited and a bit nervous I have to admit. Just a little hint...tickets are fast.

Hawksley Workman became widely known for

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## Pharmacists LAXATIVES AND CONSTIPATION

Constipation is a symptom that occurs when waste moves too slowly through the body, resulting in stool that is dry and hard. This often makes it difficult and painful to pass.

The frequency of bowel movements varies from person to person, from as little as twice a week to a couple of times a day, and is affected by diet, medications, and exercise.

If you are having trouble going to the washroom, the first thing a pharmacist will usually recommend is increasing the amount of fibre in the diet by eating whole grains, fruits and vegetables. In addition, drinking at least 8 glasses of water will minimize constipation.

If these suggestions do not work, there are several options available to you.

For short-term treatment of constipation, (if you haven't been to the washroom in several days), a saline laxative such as Milk of Magnesia can be tried. Alternatively glycerin suppositories work quite well. If symptoms still do not resolve you could consider an enema with the advice of your physician.

Stimulant laxatives such as Dulcolax and Senokot can also be used to maintain regularity. If you are on long term narcotic therapy you may need to take these types of medications as long as you are taking the narcotics.

For long-term treatment of constipation, bulk-forming agents such as Metamucil or Prodiem Plain can be used. These bulk-forming agents increase the stool weight, allowing the stool to pass through the body faster and cause more frequent bowel movements. These agents typically take about 12-72 hours to take effect and are usually safe to use for long periods of time. When taking bulk-forming agents, it is recommended to drink lots of fluid.

For young children there are a few options. For immediate relief a pediatric glycerin suppository can be tried. For chronic long term management PEG 3350 is often prescribed, or is available over-the-counter as LAX-A-Day. You should consult your family doctor however if you want to try an oral medication for a child suffering from chronic constipation.

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### Anniversaries      Anniversaries

## Happy Anniversary

**WILLARD AND BRENDA STORM**  
We cordially invite all of our friends  
to help us celebrate our  
**25TH WEDDING ANNIVERSARY**  
at the Simcoe Community Centre  
on Saturday, November 8 from 2-4pm.

Best wishes only!

If you desire, in place of a card, a  
non-perishable food item for  
local food banks would be appreciated.



### Birthdays      Birthdays

Please join us in celebrating the  
**90th Birthday**  
of  
**Clyde Nichols**

Sat Nov. 15th,  
2pm - 5pm  
Central Firehall  
444 Central Ave.  
Fort Erie

Your company and best wishes,  
only. Come and Enjoy!



### Engagements      Engagements

## STAG & DOE



Ryan Willick & Wendy Hazelton  
Crown Ridge Community Centre  
99 Ridge St., South Niagara  
November 8th 7:00 pm - 1:00 am  
Band "Chippewa Dirty" - Food - Bar - Prizes

### Coming Events

### Coming Events      Coming Events

**CHRISTMAS BAZAAR**  
by Gilmore Lodge Aux.  
50 Gilmore Rd., Fort Erie  
**Fri. Eve., Nov. 7th, 5 - 8pm**  
Sat. Nov. 8th, 9am - 1pm

Christmas decor & crafts, Bake table Tea room lunch,  
Baby quilts, Gift shop, Jewelry, Grandma's Attic, Coffee  
Shop Open, Straw game, 50/50, Raffles & more  
Your support helps us give our residents a better  
Christmas, Thank you!

## HAM & SCALLOPED POTATO DINNER

Saturday, November 8, 2014  
St. John's Lutheran Church  
1479 Ridgeway Rd. 5:00 - 6:30 pm  
Adults - \$12 Children under 12 - \$5  
For tickets call: 905-382-4445

**ST. LUKE'S LUTHERAN CHURCH**  
2nd Annual Bazaar  
Sat., Nov. 8th    9am - 2pm  
Corner of Disher Street and  
Prospect Pt. Rd., Ridgeway  
Variety of Crafts, Baking Demo,  
Tea room, Door prizes



### Engagements

### Thank You Notes

### Thank You Notes      Obituaries

## THANK YOU

Family, Friends & Co-Workers

Thanks to all who came to help  
celebrate my  
80th BIRTHDAY party.

Much appreciation for the Best Wishes,  
Cards, Gifts and Firm Handshakes.

Very grateful to all.  
Written in "cement"  
Erminis



### Coming Events

### Obituaries      In Memoriam

### Thanks | Births | Celebrations | More

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### Obituaries

**DOEPING, John** - October 28, 2014,  
at a local hospital with cancer. John  
Doeping beloved husband, father and  
grandfather, passed away at home with his  
family at his side. Forever in our hearts.  
There will be no visitation or public service.  
Donations to the Canadian Cancer Society  
greatly appreciated. Arrangements entrusted  
to NIAGARA FUNERAL  
ALTERNATIVES, 905-894-0120.



### Cards of Thanks



### Andre Lafreniere

April 4, 1945 - November 4, 2013

We miss you more than anyone knows.  
As time goes by the emptiness grows.  
We laugh, we talk, we play our part  
But behind our smiles are broken hearts

Keep Flying High Around Us.

Love Always  
your wife, Diane and your son, Stephan

### Obituaries

### Obituaries

**CHLISZCZYK, Sharon (nee Bailey)** -  
Sharon passed away at the Douglas  
Memorial Hospital surrounded by the love  
and presence of her sons, Debbie (John)  
Debbie at the age of 55. Predeceased by  
her loving husband Robert Kenneth and her  
mother Marie. Sharon was the proud  
mother of Cody, cherished daughter of Gerry  
(Elain) and sister of David and Pauline.  
She is survived by her son, Debbie (John),  
Wendy (Richard) the "ski girls" her many  
many friends and large extended family  
including her nieces, nephews who she  
loved so much. **BENNER FUNERAL  
SERVICES** 106 Benner Ave., Fort Erie  
entitled to a private service. The family  
received friends on Tuesday from 2-4  
6-9. Funeral Services were held from the  
Benner Funeral Chapel on Wednesday  
morning at 11 a.m. If so desired, donations  
to the Douglas Memorial Hospital Auxiliary  
dedicated to the Palliative Care Unit would  
be appreciated by the family.

**WINGER, Ellayn Jane "Ellie" (nee:  
Michael)** - Peacefully after a courageous  
battle, Ellie passed away at the Douglas  
Memorial Hospital on November 3rd, 2014  
at the age of 62. She is survived by her  
loving mother of Kathy (Peter) Kullerkupp  
and Kerrie (Chris) Calla. Proud Nana of  
Addy, Bailey and Alex. She will be sadly  
missed by her mother Elsie Michael, her brother  
Ronnie (Kathy) Michael and her son  
Matthew (Mandy) Calla. Also survived by  
(Ted) Miskowicz, nephew Teddy (Sandy)  
and Ronnie (Carolyn). Also survived by the  
members of the Winger family, her other  
nieces and nephews, and extended family.  
Predeceased by her father Roswell. The family  
extends appreciation to Dr. Scher and  
the staff of the Palliative Care Unit at  
Douglas Memorial Hospital for their  
compassionate and professional care and  
to Dr. Leveque and the staff at Walker  
Family Cancer Center for their support and  
attention. **BENNER FUNERAL SERVICES**  
106 Benner Ave., Fort Erie, Ontario  
entitled to a private service. The family  
will receive friends on Thursday from 2-4 & 7-9.  
Funeral Services will be held in the chapel  
on Friday at 11 a.m. If so desired, donations  
to the Red Roof Retreat at  
McMaster Children's Hospital would be  
appreciated by the family.

## Obituaries

## Obituaries

## Obituaries

## Obituaries

## Funeral Services



**NIGH, Calvin George** - It is with profound sadness that we announce the passing of Calvin George Nigh. On October 29, 2014, at the age of 71, he left his loving wife, Andrea at his side. Calvin was able to be an organ and tissue donor. Calvin was a phenomenal father and is survived by son, Griffin, 17, and his daughter, Gwendy, 12. Calvin was a devoted son to the late Weston (Jake) Nigh (2008) and his wife, (Suzanne) Nigh of Fort Erie, ON. He was a much-loved brother to Donna Nigh of St. Catharines. Brother-in-law to Alyyne (Kevin) Grover of Alvinston, ON and Carl Bonrowman (Len Mazzara) of San Francisco, California and son-in-law to Gisele and Michael Nigh of St. Catharines, ON. Calvin was a favourite uncle to Jessica Nigh of St. Catharines and Wyatt, Rowan, and Delaney Grover of Alvinston, ON. Calvin graduated from Ridgeway-Crystal Beach High School where he was Vice-president of the class of 1980. His passion for football began here when he played for Fort Erie Secondary school. He played on to become an OUA All Star and Widman Trophy recipient with the Guelph Gryphons at the University of Guelph where he also earned his Bachelor of Arts in History and Political Science. Calvin earned his Master's of Education from Niagara University in Niagara Falls, NY, in 1992 and became an educator for the Niagara South Board of Education at Fort Erie Secondary School where his teaching and leadership skills continued to flourish. He was most proud in 1999 when he became Department Head of History at his alma mater, Ridgeway-Crystal Beach High School, a position he held for 17 years. He loved every student. His passion for the game will forever live on as he dedicated to the Fort Erie Sports Wall of Fame in 2014. Calvin will most certainly be remembered for sharing his passion for football with the community. He did all that was necessary to create a team for RCBHS that had a focus on respect, principled discipline and team spirit. He lived every day to the fullest.

Arrangements entrusted to NIAGARA FUNERAL ALTERNATIVES, 905-894-0120.

## In Memoriams

## In Memoriams



**John Gonczi**

Those we love don't go away.  
They walk beside us every day.  
Unseen, unheard, but always near.  
Still loved, still missed and very dear.

Irene, Emma, Elizabeth



**Montironi, Vince**

In memory of our wonderful father and grandfather, who left us nine years ago on November 10, 2005.

What wuld give his hand to clasp,  
His beloved face to see,  
To hear his voice,  
To feel his touch.  
As in the days that used to be,  
We cannot hold the hands of time,  
Or live again the past,  
Within our hearts are memories,  
That will forever last.

Richard, Tia, Derrick, Anne Marie,  
Mike, Andrew, Jennifer, Cami, Claire  
and Michael.

"Do not go where the path may lead,  
go instead where there is  
no path and leave a trail."

- R.W. Emerson

**RABY, Ann** - Born in 1963 in Gaspe, Quebec, passed away peacefully, in her home on Oct. 28, 2014, with her cherished wife, Jennifer Hoyte, and beloved friend, Sean, by her side. She will be remembered as a caring and loving parent to Abby and Tessie Bernhart. She is survived by Clementine Noe (her constant maternal life guide) and Gaston Diesel, aunts, uncles, and cousins in Quebec, sisters and brother-in-laws in Ontario. Ann is survived by her parents, Paul and Sophie (LeQuenne) and Rene Raby and his surviving partner, Esther Gagne. Thank you to Elizabeth and Dr. Scher for their care and support. A special thank you to our dear friend, Michelene Gauthier for holding Abby and Tessie. A Celebration of Ann's Life will be held on Sunday November 16 at Stevensville Conservation Area, 2555 Old Road, Stevensville ON. There will be a 1 PM Service followed by an open house from 2 - 4 PM. Donations to be made to Wellspring Niagara, 905-661-1616.

Arrangements entrusted to NIAGARA FUNERAL ALTERNATIVES, 905-894-0120.

**Benner Funeral Services Inc.**

**Williams Funeral Services**

## Funeral Homes

## Funeral Homes

## Funeral Homes

## In Memoriams

## In Memoriams



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## In Memoriams

## In Memoriams



**Robert Arthur Newman**  
Apm 28, 1932 - November 11, 2010

## I Am With You Still

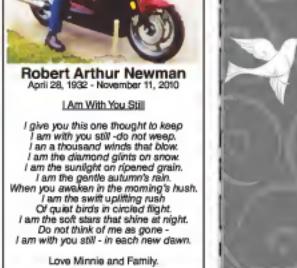
I give you this one thought to keep  
I am with you still - do not weep.  
I am a thousand winds that blow.  
I am the diamond glints on snow.  
I am the light on broken glass.  
I am the gentle autumn's rain.  
When you awaken in the morning's hush,  
I am the swift uplifting rush.  
Of birds in flight.  
I am the soft stars that shine at night.  
Do not think of me as gone -  
I am with you still - in each new dawn.

Love Minnie and Family.

**In Memoriam**

A tribute to those we loved and lost.

**IN MEMORY**



**LAVINA BONITO**  
June 9, 1926 - November 11, 2013

It broke our hearts to lose you,  
but you did not go alone,  
a part of us will always be you,  
the day God called you home.

A million times we needed you,  
A million times we cried.

We miss you more each day  
for life is not the same to us  
since you were called away.  
To your resting place we visit,  
place flowers there with care,  
but no one knows your heartache  
when no one can be there for you.

We remember your smile  
end it brightens our day.  
Thoughts of you bring joy and love,  
seem to smooth the way.

Though you are gone  
your gentle spirit is still with us,  
as your soul was made of  
pure love and unconditional love.  
No farewell words were spoken,  
no time to say goodbye.  
You were gone before we knew it  
and yet God knew why.  
If love alone would have saved you,  
you would have never died.  
Your life is a beautiful memory,  
your love a lasting gift,  
you sleep in God's beautiful garden,  
In sunshine of perfect peace.  
We realize God knew best,  
He is the author of many years,  
then gently bid you rest.

Your Loving Family



# Thinking about How you Recycle ?

We are too

Please recycle  
this newspaper



# Lack of discipline ends Meteors' mini streak

Cathy McCabe  
Special to The Times

Fights, penalties and misconduct calls abounded when the Fort Erie Meteors faced the Caledonia Corvairs on home ice on Saturday night at the Fort Erie Leisureplex.

Fort Erie's Junior B team lost 5-2 to the Corvairs despite having 14 power play opportunities.

The defeat marks the end of a two-game winning streak which included a 5-2

win over the Niagara Falls Canucks on Oct. 24 and a 3-2 victory over the St. Catharines Falcons on Oct. 25.

The Meteors racked up 10 minor and two major penalties while the Corvairs, not to be outdone, had 11 minor and three major penalties, during Saturday night.

Caledonia's Matthew Horne opened the scoring with a goal at 10:33 in the first period.

Dave Keracher, assistant coach of the Meteors, said,

"I thought we came out very

strong in the first period. We stuck to the system that we worked on all week long. We held them to a 1-0 score. We were playing the game we thought we were going to play."

The Corvairs' Tyler Lepore scored at 6:48 in the second period, when Rob Buck wasted no time for the Corvairs, scoring 32 seconds later.

A fight at 12:39 along with several minor scuffles in the second period led to four Corvairs and two Meteors being ejected from the game. The players were the



CATHY MCCABE Special to The Times

Players on the Fort Erie Meteors and Caledonia Corvairs converge behind the Meteors' net while chasing the puck.

Corvairs' Jordon Peacock, and the Meteors' Bryce Jayme, Forslund, Tyler Martin and Richard Lepore and Todd Ratchford, DeMarco.

The Meteors came on the board with a goal from Jarred Marino with 40 seconds left in the second period.

The Meteors' Declan Conway scored at 14:06 in the third and Corvairs' Anton Trubilin answered back with a goal at 17:17. Connor Bramwell clinched their victory with a goal on the Meteors' open net with just over a minute left on the clock.

Liam Conway recorded 23 saves for the Fort Erie Meteors while Kevin Entmaa stopped 19 out of 21 shots on the Corvairs' net.

Keracher said, going forward he believes the Meteors need to work on their discipline.

He said there were times where "we were back in the game and we took a couple stupid penalties. That's what they were, selfish penalties, and then gave them the opportunity to get our selves out of the game that they let us back into."

The Meteors go on the road next to play the Pelham Pirates on Friday, Nov. 7 at 7:30 p.m. at the Pelham Arena.

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# FIGHT BELLY FAT WITH CLA PLUS & GLUCOSMART

by Lorna Vanderhaeghe

If weight loss were as simple as reducing calories and running the treadmill we would all be thin. But weight loss can be effortless when we adopt a new way of eating and take a couple of Health Canada licensed nutritional supplements that get to the root of the weight problem.

## CLA PLUS Fat that Burns FAT

**CLA PLUS** contains conjugated linoleic acid (CLA) and green tea extract. CLA is a fat that safely melts fat away. In a 90-day, double-blind, placebo-controlled study published in 2000 in the Journal of Nutrition, CLA users taking 5000mg of CLA per day had an average weight reduction of seven pounds and an increase in lean muscle with NO diet change. CLA in a dose of 8000mg per day was also given to a group of post menopausal women and they lost weight with no diet change. Just think if they would have eaten a fat burning diet too! **CLA PLUS** also contains green

tea extract to super charge weight loss and rev up fat burning by enhancing metabolism.

## Belly Fat Busting GLUCOSMART

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. We know that insulin is implicated in belly fat weight gain in both men and women. Elevated insulin promotes weight gain, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chiroisol (pronounced "kur-au-sitol"), found in **GLUCOSMART** researched in over 30 studies at the Virginia Medical School, works to keep blood sugar in the healthy range. **GLUCOSMART** halts sugar cravings. But where **GLUCOSMART** really shines is in fighting belly fat in both men and women. Combine **CLA PLUS** along with **GLUCOSMART** and drink **SLIM-T** containing Garcinia and weight loss will be effortless.



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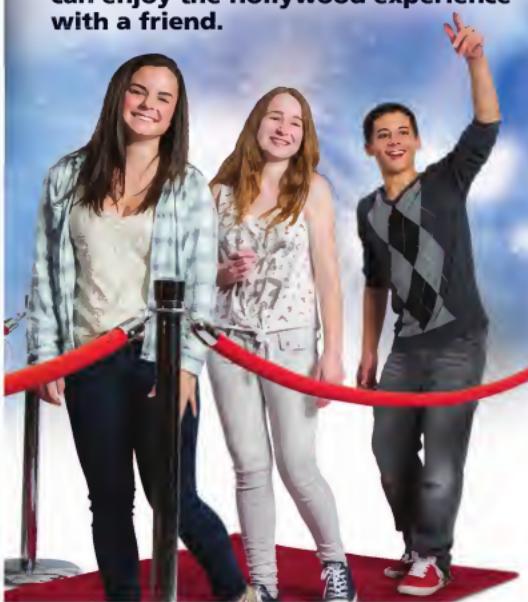
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